
Healthy Ways to Add Calories

Listed below are sources of high calorie foods, which can help you gain weight. Most are unsaturated (healthy) fats, which can protect against heart disease.

Oil (olive, canola, peanut)

- Add to vegetables, meat, pasta, tomato sauce, salads, or dip for bread.

Nuts and Nut Butters (almonds, walnuts, cashews, and natural peanut butter)

- Add to trail mix, sprinkle onto salads or yogurt, spread on crackers, vegetables, fruit, or pancakes

Fatty Fish (such as tuna, salmon, halibut, sardines, and trout)

- Add to sandwiches, pasta, rice, salads, eat on top of crackers

Avocados and Olives

- Add to sandwiches, salads, Mexican food, soups, casseroles, eggs



Seeds and Grains (such as wheat germ, oat bran, sunflower seeds, chia seeds, and ground flaxseed)

- Add to hot or cold cereals, fruit, yogurt, stir fry dishes, vegetables, casseroles, salads

Carnation Breakfast Essentials®, **Whey Powder**, **Nesquik®**, or **Ovaltine®** powder drink mixes

- Add to flavor low-fat milk, yogurt, smoothies, hot cereal

Nonfat dry milk powder

- Add to milk, milkshakes, smoothies, casseroles, mashed potatoes, soups, eggs, hot cereal

Margarine (soft, tub, trans-fat free)

- Add to potatoes, vegetables, hot cereals, soups, noodles, sauces

Dried Fruit (such as prunes, raisins, cranberries, dates, and apricots)

- Add to sweeten hot or cold cereals, salads, yogurt

Honey, Jelly, or Maple Syrup

- Add to hot cereal, fruit, bread, bagel, pancakes, waffles, crackers, tea

Snack or Meal Ideas	Calories	Protein
1 cup low fat Greek yogurt with 1 oz. granola and 1 Tbsp. chia seeds	288	23
Smoothie made with 6 oz. low fat Greek yogurt, 1 banana, 1 cup low fat milk, 1 scoop (28g) whey protein, and 1 Tbsp. natural peanut butter	498	48
Bagel with 2 Tbsp. low-fat cream cheese and 1 Tbsp. jelly	514	12
1 cup cooked oatmeal made with 1 cup low-fat milk, 1 Tbsp. honey, bananas and raisins	398	13
Natural peanut butter (2 Tbsp.) and jelly (1 Tbsp.) sandwich on whole wheat bread	400	14
Turkey sandwich (3oz meat) with avocado and 1Tbsp light mayonnaise	525	15
1 cup low-fat cottage cheese with 1 cup canned fruit in heavy syrup and 1 Tbsp. chia seeds	409	27
Trail mix: 1 oz. almonds and walnuts, 1/4 cup raisins, and 1 cup Wheat Chex® cereal	370	10
2 corn tortillas with 1 oz. light mozzarella cheese, 1/2 med. avocado, 2 Tbsp. salsa and 3 oz. chicken	330	18
1 cup turkey chili with beans over a baked potato	420	30
1 cup lentil soup mixed with 1 cup low fat milk	360	16
2 graham cracker squares with 2 Tbsp. natural peanut butter and 1 cup low-fat milk	340	16

Your calorie needs are _____ calories per day.
 Your protein needs are _____ grams protein per day.

Contact your local VA Dietitian for more information.